2 September 2014

What’s Coming Up........................

This Week
Wednesday: YCDI - Green Day, School Disco
K-2 6.00 to 7.00pm and Yr3 to Yr6 7.00 to 8.30pm.
Thursday: P&C Father’s Day Stall

Next Week
Wednesday: Spelling Bee Zone Finals, P&C Meeting
Friday: Adidas Fun Run
Saturday: Working Bee 9am-11.30am

SASS RECOGNITION WEEK - SEPTEMBER 1-5
This week students, parents and staff in NSW schools will acknowledge the hard work done by School Administrative and Support Staff (SAS Staff) as part of National Recognition Week.

SAS Staff are the backbone of every school providing support to the Principal, Executive, teachers, parents and students.

Every day of the school year SAS staff face new challenges in the running of our public schools and they are constantly adapting to change so that our children can have the best education possible.

Recognition Week gives the whole school the opportunity to demonstrate to SAS staff that they are valued members of the school community.

Please individually take the time this week to thank them for the high level of dedication they give to their work and their contribution to KSPS.

Our dedicated SAS staff are:
- Office Staff – Paula Leslie, Anne Ball, Veronica Mowle
- Learning Support Officers (LSOs) – Linda Vogt, Sharon Foot, Carol Nightingale, Sally Kirkland, Emily Crockett
- General Assistant (GA) – Ross Crawley

HUNTER REGION CREATIVE ARTS CAMP
Abbie (5/6W) is attending the Hunter Region Creative Arts Camp this week at Myuna Bay. Abbie was selected for her visual arts talent and will benefit from a week of activities designed to enhance her visual arts skills. This will also be a great opportunity for Abbie to meet students and teachers from other schools in the Hunter area. I look forward to reporting on her achievements at the camp next week. Well done Abbie!

REGIONAL ATHLETICS
Last Friday Charli (5/6J) and Adelaide (3/4T) competed at the Regional Athletics Carnival at Glendale. Both girls competed in the long jump for their age group. Charli finished 4th in the 11yrs and Adelaide finished 6th in the Juniors. Congratulations girls.

DISCO
The school disco is being held this week on Wednesday night. The theme for the disco is ‘Mask’ and was voted on during Student Parliament last week. The infants disco is from 6-7pm and the primary disco from 7-8.30pm. The cost is $4 per student.

HUNTER REGION DEAF CAMP
Last week Andrew and Lachlan (HSUB) and Hayley (5/6W) attended the Hunter Region Deaf Camp. While on camp they visited the Powerhouse Museum and Taronga Zoo. The students were lucky enough to spend the night as part of the ‘Zoo Snooze’ program. The students participated in animal encounters and a night walk.

Hayley prepared the following recount:
Thanks to Mrs Munro for a wonderful trip to deaf camp at Taronga Zoo and the Powerhouse Museum. We also would like to thank Mrs Keyes, Mr Wright, Mrs Lynch and Mrs Vaughan for talking care of us and making sure we were safe. We were very lucky that on Wednesday morning we fed the giraffes. We were amazed that the giraffes had long eyelashes, they had tongues that were 45cm long and were very gentle. We heard a funny fact about why zebras have a big bottom, so they can kick the lions when they are trying to eat them. It was wonderful to meet all the other deaf kids.

BASKETBALL
Congratulations to Campbell of 4/5E for a successful basketball season. Campbell was selected to represent Newcastle for Basketball in the Under 12 Boys Eastern Junior League (EJL) this year for the Newcastle Hunters. Part of the contract was to train and play with the Hunters as well as play for their local club. Campbell and his team made it through the season and played in the Grand Final against Gosford and were victorious. Campbell then went on to play in Sutherland as part of the state competition. Chelsea of 5/6J was also selected in the girls under 12 Hunters competition.

NAPLAN RESULTS 2014
Year 3 and Year 5 NAPLAN results have been finalised and a written report will be sent home to those students by the end of the week.
BRONZE AND SILVER AWARD RECIPIENTS
It was a pleasure to present Zali (KC) and Matilda (KF) with Bronze Principal Awards and Niri (2/3E) with a Silver Principal Award at Friday’s assembly. These awards recognise their efforts and excellent achievements in earning regular weekly Assembly Awards. Congratulations Zali, Matilda and Niri!

STARS ON STAGE
Tickets have gone on sale for the KSPS annual Stars on Stage concert. This year we have introduced an evening performance on Thursday 18 September at 6pm. In order for this performance to be a success, all KSPS students are required to be at school for this show. Students will need to be taken to holding rooms (TBA) at 5.30pm and will need to be collected at the conclusion of the show. More details to follow next week. Tickets for all 3 performances will be sent home on Friday 12 September.

CLASS FETE STALLS
A note was sent home last week to all students regarding class stalls for the upcoming ‘Friday Funday’. Items required should be returned to class teachers at your earliest convenience.

ADIDAS FUN RUN
Reminder to keep seeking sponsors for the Adidas Fun Run Colour Run. All money is due in a week after the event, preferably before the 20th September. This will be a great event to help raise money for our school and goes toward the Premier’s Sporting Challenge.

FATHER’S DAY STALL
There will be a Father’s Day Stall at school this Thursday. Father’s Day gifts will range from $2 -$10. All students from all classes will attend the stall throughout the morning. Please inform your child’s teacher if you do not want them to purchase a gift.

SMALL STEPS ANXIETY AWARENESS SEMINAR
Last Tuesday night Julie Leitch presented a session on anxiety and awareness for parents. The presentation was very informative and explained the common anxieties and phobias that children can suffer from and how these children can be helped. Attached to this newsletter is information relating to risk factors for anxiety in children and how anxiety affects the brain, body and behaviour. Strategies for helping anxious children will be attached to the newsletter next week.

SUNDAY FUNDAY @ KOTARA BOWLING CLUB
On Sunday 21 September Kotara Bowling Club is holding a ‘Sunday Funday’ commencing at 11am. All proceeds raised are kindly being donated to the school. The day will include a jumping castle, raffles, barefoot bowls, market stalls, a disco and a BBQ. If any parents are interested in assisting with the BBQ or holding a market stall, then contact Lisa on 0407 230 708. The Sunday Funday is a great opportunity for our school. We hope to see you there on the day!

ENTRY/EXIT SURVEYS
Thank you to all the Kindergarten and Year 6 parents who have returned their surveys. If you have not returned your survey, please do so by this Friday.

CATHERINE WARD - RELIEVING PRINCIPAL

CHOIR
With Stars on Stage in our sights as well as some other special performances lined up for the end of the year, our primary choir has been rising and shining early and arriving at school each Wednesday morning for rehearsals. Students’ punctuality, enthusiasm and regular participation have made the decision to enter the Lake Macquarie Choralfest an easy and very exciting one! The professionally adjudicated competition will take place over 3 days 21-23rd October. I am in the process of finalising our application and will provide further details as the event draws closer.

MISS GARRETT – CHOIR CO-ORDINATOR

GETTING ALONG GREEN DAY
A reminder that this Wednesday is ‘Getting Along Green Day’. In order to celebrate and reinforce our school skills in Getting Along as part of our You Can Do It Program, we are asking all children to dress in green on this Wednesday. Getting Along is revealed when students work cooperatively with each other, resolve conflicts by discussion rather than fights, manage their anger, show tolerance of others, and follow important class/school rules.

I encourage you to discuss with your child why they are dressing in green to reinforce the importance of our Getting Along skills. There is no cost for this activity. Have fun being green!!!!

MRS BRYANT (YCDI CO-ORDINATOR)

STARS ON STAGE PERFORMING ARTS CONCERT
As part of our Performing Arts program the K-6 Stars on Stage Concerts will be held on:-
Wednesday 17 September at 1.00pm
Thursday 18 September at 10.00am
Thursday 18 September at 6.00pm

This year we have included an evening performance. We hope the scheduling of an evening performance helps those not able to attend in the day due to work commitments. Tickets are $2.00 and need to be purchased prior to the concert as limited seating is available. Please note there will be a limit of 2 tickets per family at the Thursday Evening performance due to limited seating. If there is an issue concerning this arrangement please contact the school. There are no ticket number restrictions on the 2 daytime performances. All classes will be performing as well as items from the Dance festival, Star Struck, Choir and special instrumental performances.

Please complete the blank ticket request form located in this newsletter and return to office with payment.

We hope you can join us for some wonderful entertainment as we travel ‘Around the World in Eighty Minutes’

MS GODDEN - STARS on STAGE CO-ORDINATOR
MERIT AWARDS
Congratulations to the following students who received awards at last week’s assembly.
KC
Madden, Tegan , Matthew
KF
Adam, Cooper, Alex
1W
Curtis, Leo, Kunga
IG
Aiden, Jack, Ahliyah
1/2G
Alex, Jayden, Lucy, Gabrielle
2G
Kyra, Kaihem, Noah
2/3E
Noah, Eve, Charli
3/4T
Samantha, Lily, Melati
4/5E
Madeline, Jack, Patricia
5/6J
Aurora, Bryce, Chelsea, Callan
5/6W
Jayden, Hudson, Liam
HSUB
Andrew, Lachlan

CANTEEN NEWS
Hello from the canteen for another supa week. PLEASE NOTE: Nachos plates are NOT on our weekly menu.
Fruit on sale at the moment: fresh apples .80c, milk and juice cups .70c, ice monys .70c, Fan Dan Gles $1.50, mineral waters $1.70, Nippys flavoured low fat milk $1.70 and bottled water $1.50.
This week’s specials:

Eat Fresh Deal $1.00
Any two fillings - a choice of cheese, vegemite, tomato, cucumber, beetroot, lettuce and grated carrot on a sandwich, roll or wrap.

Poppin Dino $3.50
2 chicken dinos
1 serve popcorn chicken
1 pkt Deli Rocks
1 ice mony

Wrappin Dino $4.00
1 chicken dino salad wrap
1 Fan Dan Gles ice block
1 pkt Tiny Teddys

FIONA BEST - CANTEEN SUPERVISOR

P&C NEWS
FATHER’S DAY STALL
Our Father’s Day Stall will be held on Thursday 4th September from 9am. We will have products priced from $2 to $10, with the majority of our items priced at $5 each. There will be items for both father’s and grandfather’s available on the day. We have some great products purchased from local businesses, including House, Creative Sensations and Trade Secret. Show Dad you care this Father’s Day and take home a terrific gift that the kids have picked themselves.

CHOCOLATES
Thank you to all the families who have returned money or unsold chocolates. We would appreciate if any outstanding money or unsold chocolates could be returned to the office by Friday 12th September 2014.

FRIDAY FUNDAY UPDATE
We have created a Facebook page “Kotara South Public School Friday Funday”. Please check it out and like us and also share with your friends.

Please find attached to this newsletter the pre-order form for Megamania wristbands. To pre-order the bands will cost $20, with on the day sales costing $25. Megamania will provide rides from 3 to 6pm. As part of the Friday Funday, the P&C will be running a Second Hand Toys/ Books/ White Elephant stall. We will be looking for donations of good quality items that we can sell at the stall.

What a great opportunity to go through your cupboards and clean out items that you no longer need or the kids have grown out of. We would appreciate any donations, including:
- Toys, puzzles and games
- Books (children and adult)
- Clothes
- China / glassware / crockery
- Costume jewellery
- Linen
- DVD’s / CD’s
- Bric-a-brac or knick knacks
- Unloved Christmas or birthday gifts!
- Plants/Pots

Please start putting your donations aside, but we ask that you do not bring them in until 8th September 2014.
The P&C are also in need of plastic bags. If anyone has extra plastic bags at home could you please bring them into the office.

STALL HOLDERS
Stallholder applications have closed, but we still have spots available, so, if you or anyone you know would be interested in holding a stall at Friday Funday please contact Leanne Smith at timeandleanne98@bigpond.com for an application.

CORPORATE SPONSORSHIP
If any businesses would like to take up any of our Corporate Sponsor packages please contact Leanne. Please support the sponsors that are listed in this newsletter.

HELPERS REQUIRED:
The P&C are in need of helpers for the following:
- School Disco – Wednesday 3 September 2014
  Run the canteen 6.00pm to 7.00pm and then 7.00pm to 8.30pm.
- Father’s day wrapping – Wednesday 3 September 2014
  Wrap father’s day gifts whilst the disco is on starting from 6pm.
- Father’s Day Stall – Thursday 4th September
  Set up, run and pack away the Father’s Day stall starting at 8.30am

Please let Helena know via email at hataylor@bigpond.net.au
FRIDAY FUNDAY MONSTER RAFFLE
As part of the Friday Funday festivities we will be holding a Monster Raffle. Tickets will be $2 each. Our Major Prizes will be:

1st Prize: Baccarat Hard Anodised Cookware Set valued at $1000, donated by KSPS P&C
2nd Prize: Panasonic 32L Stainless Steel Inverter Sensor Microwave Oven valued at $329, donated by Winning Appliances
3rd Prize: $200 Travel Vouchers donated by Sarah Smith Mobile Travel Agent
4th Prize: Megamania your choice of Classic Party Pack valued at $239 OR Dinner Voucher to $150
5th Prize: Free Minor Service donated by Chris & Larry Automotive Services

These prizes are subject to change as we are constantly receiving new prizes for our raffle. All Minor prizes will be selected by the winner on the night. Our raffle will be drawn at 5.30pm on Friday 17th October 2014. Raffle tickets will be sent home soon, with tickets also available for sale on the night.

UNIFORM SHOP
The uniform shop will be opened on Wednesday 3rd September 8.30am to 9.00am.

FRIDAY FUNDAY MEETING
The next meeting will be held on Wednesday 10th September at 6.15pm, before the P&C meeting. If you or anyone you know is interested in becoming a Corporate Sponsor or donating prizes to the school to be raffled on Friday Funday then please contact Leanne: timeandleanne98@bigpond.com.

P&C MEETING
The next P&C meeting will be held on Wednesday 10th September at 7.00pm in the school library.

GARDEN & GROUNDS COMMITTEE
We have decided to go ahead with a second working bee this term. Getting the school grounds looking good for the fete is a priority. The working bee will be held on Saturday 13th September from 9am to 11.30am and jobs will include
- rearranging and using the left over logs for seating
- tidying up the "keys" garden and creating a path to the water tank
- finishing the bathtub gardens and attaching coloured pickets
- some further tidying up and mulching of gardens

It would be great if you could join us on the day!
Penny Duncan penelope2k@live.com.au

WHAT’S ON - SEPTEMBER/OCTOBER SCHOOL HOLIDAYS
The City of Newcastle’s September/October school holidays brochure is now available online. Visit our school holidays webpage to download the brochure and see what’s happening these school holidays:
The City of Newcastle Ph: 4974 2123

SILVER SPONSORS

GOLD SPONSORS

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Pfeiffer Property

Sarah Smith 0416 142 611

ASTUTE
Finance | Insurance | Wealth

BRONZE SPONSORS

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House

Sogood
RISK FACTORS FOR ANXIETY IN CHILDREN

Genetics

There is little doubt that anxiety runs in families. Research has shown that what is passed on from parent to child is not a specific tendency to be shy or worry about the dark, but a general personality that is more emotionally sensitive than other people’s. Highly anxious children tend to have a personality that is more emotional than average.

Parent/child interaction

The way a parent handles a child might also play some role in the development of their anxiety. While all parents differ, some parents react to their anxious children in an overly protective way (an entirely understandable reaction!). When a child is scared, naturally the parent will rush to the child’s aid to allay their fears. But in some cases this helping behaviour may become too much of a pattern. Parents may begin to anticipate their child’s fear and protect them from it. If this occurs, the child is not made to face objects or situations they may fear, and this may result in the message that “the world really is dangerous” and “I cannot handle it on my own”. This pattern of interaction between parent and child can perpetuate anxiety.

Observational learning

Children naturally copy the behaviour of their parents. If a parent is anxious and copes by avoiding situations, then the child may learn that this is the way to handle fears. Whilst the parent is not to be blamed, children may pick up on the anxious behaviours of their parents which inadvertently teach an anxious reaction to feared situations.

Stressors

Common stressors for children are parental separation, being bullied, and doing badly at school. When a child experiences such stressors, they may become sensitised to the situation. If he child is already prone to anxiety, such stressors may have an even bigger impact than usual and may add to their anxiety.

How anxiety affects the brain, body and behaviour

Anxiety affects three different aspects of a person - thoughts (the brain), body, and behaviour. Anxiety affects thoughts by focusing them on the potential negative and undesirable outcomes of a situation. As a result of this focus on negative consequences dread, trepidation and worry arise. These thoughts then stimulate a bodily response.

Anxiety affects the body through the triggering of what is commonly known as the “fight-or-flight” response. This response enables the body to mobilise quickly, preparing it to either confront or flee from a threat. The fight-or-flight response is triggered by the sympathetic nervous system which controls adrenalin and blood sugar content in the blood. When a threat is perceived, the release of adrenalin and sugar stored in the liver markedly increases. This results in a range of physical symptoms including palpitations, a rapid pulse, stomach aches, nausea, muscle tension, headaches, shallow breathing, cold sweats.

Behaviour refers to a person’s actions in response to anxiety. Common behaviours include pacing, wringing of hands, avoidance of the anxiety-provoking stimulus, reluctance to participate, procrastination, poor concentration, edginess, irritability, seeking of reassurance, crying, or working harder to prevent the feared situation from happening.

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STARS ON STAGE CONCERT  
WEDNESDAY 17 SEPTEMBER 1.00PM

I wish to purchase ___________ tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________

SIGNATURE______________________________

STARS ON STAGE CONCERT  
THURSDAY 18 SEPTEMBER 10.00AM

I wish to purchase ___________ tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________

SIGNATURE______________________________

STARS ON STAGE CONCERT  
THURSDAY 18 SEPTEMBER 6.00PM

I wish to purchase ___________ (2 maximum) tickets at the cost of $2-00 each.

Money enclosed $ ___________

CHILDS NAME_____________________________ CLASS_______________________
FRIDAY FUNDAY
Friday 17 October 2014

Dear Parents and Caregivers,

This year’s Friday Funday is fast approaching and preparations have already begun for our 2014 extravaganza. All funds raised from this year’s Funday will go towards the infants’ area of the school. We are aiming to raise $10,000 from this year’s Funday. In order to achieve this we will provide some of the following activities and food stalls on the day:

* BBQ
* White Elephant stall
* Side Show Alley
* Showbags

* Megamania Attractions
* Monster raffle
* Coloured Hairspray
* Face Painting

This year we will be PRE-SELLING wristbands to make our Funday run efficiently. The wristband will cost $20 and will include unlimited access to Megamania Attractions from 3pm to 6pm. On the day you will be able to purchase the wristbands for $25. We encourage you to pre-order them to ensure your child isn’t queuing on the day.

A Steak/Sausage Sizzle will be available on the night. Pre-orders will be taken with vouchers handed out prior to the event for you to present at a time that suits you.

Fill in the purchase slip below to pre-order your Megamania Wristbands for FRIDAY FUNDAY 2014 and return to your child’s teacher by Friday 10th October 2014.

Martin Frohlich
Principal

Leanne Smith
Fete Coordinator

Megamania Wristbands

Child’s name:______________________________  Class:________

Please indicate the number of wristbands you would like to pre-order:______________

Amount Enclosed: $______________________

Parent/caregiver signature:______________________
The simplest way

to inspire a healthy breakfast

A healthy breakfast improves energy levels, alertness and concentration. It’s also a good way to get a serve of fruit + veg in.

Here are some quick winter warming breakfast ideas:

- Sliced bananas or avocado make a yummy addition to toast
- Chop and add left-over vegies to an omelette or savoury pancake
- Add fresh or canned fruit to porridge
- Top a wholemeal muffin with cooked tomato, mushrooms, baked beans or creamed corn

For more information visit
www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit

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Fundamental Fitness 4 Kids

School Holiday Fun

Join the Amazing Race

Coming up next school holidays - the Amazing Race. Kids will form teams and solve clues that will lead them to team fitness challenges, puzzles and games

When: 26th September 2014
Where: Jetara South Public School
Time: 9:30am to 11 am
Cost: $10 (includes Morning tea)

During the School Holidays we offer fitness sessions with a twist. These include the Amazing Race, Fitness Board Games, Treasure Hunts, Mini Olympics and more. Sessions run for 1-2 hours and include morning tea.

BOOK ONLINE
www.ff4k.com